



RINGETTE RINGUETTE  
CANADA CANADA

## About Ringette

Are you looking for a sport where you can make new friends? Where you can have fun, no matter what your age? A place where you'll feel welcomed and be part of a team, learning new skills and engaging in great experiences? Then listen up, because we have a sport for you.



Ringette is a Canadian game that was first introduced in 1963 in North Bay, Ontario. Developed originally for girls, ringette is a fast-paced team sport on ice in which players use a straight stick to pass, carry, and shoot a rubber ring to score goals.

For ten years, play centered in Ontario and Quebec, however the sport quickly spread across Canada and is now played in all ten provinces and the Northwest Territories.

In fact, the sport has become one of Canada's favourite activities for females, with over 50,000 participants, including players, coaches, officials and volunteers, across Canada - a remarkable growth rate for such a young sport.

More than 7,000 certified ringette coaches are registered in the National Coaching Certification Program, and 1,724 registered officials trained under Ringette Canada's National Officials Certification Program. In addition, there are thousands of volunteers who administer clubs, leagues, and tournaments across Canada.

There are various skill levels of play across the nation; beginning with Bunnies, (a learn-to-skate program) and then formal teams in different skill and age categories, allowing for a place for every player.

Contact your local association today to find out about a 'try-it' night near you.

## How Ringette is Played

Even though ringette is played on the same ice-surface as hockey, comparable in equipment and numbers, the similarities end there. More similar to basketball, soccer or lacrosse, ringette is a team sport with a different strategy.



The rules promote team play so that a single player cannot carry the ring from end to end and score a goal. Teams are usually made up of 11 to 17 players; with six skaters on the ice at the same time (a goalie, two defense, a center and two forwards).

*The Game begins* much like soccer with the Visiting team being awarded a Free Pass in the Centre Ice Free Pass Circle (known in Hockey or Lacrosse as the Face Off Circles). Free Passes are also ringette's way of restarting games after penalties, violations, goals or any other stoppage in the game. Depending on where the play stopped after a violation or penalty, the free pass is awarded to the appropriate team in the circle closest to where the action ceased. One player takes possession on the whistle and has five seconds to either shoot or pass the ring to a teammate. The ring must be passed completely out of the circle, and the player cannot skate out of the circle with the ring. No



other players are allowed in the Free Pass Circle during the five second count.

*Blue Lines* - A player cannot carry the ring over a blue line in either direction. The ring must be passed over the blue line to another teammate. That teammate is permitted to skate ahead of the ring carrier and already be across the blue line before the ring crosses it.

*Goal Crease* - If the ring lands in or on the crease, the only player who can touch it is the goalie. The goalie usually picks up the ring and tosses to a teammate. The goalie has five seconds to pass it out of her crease.

Ringette promotes a no-contact policy when it comes to the physical aspect of its game. *Penalties* are given when a player, intentional or not, makes excessive body contact with another player, checks a player too high on the stick, trips, hits or interferes another player.

The details and further explanation of these rules can be found in Ringette Canada's Official Rule Book, available through your local or provincial association.

For more information, call Ringette Canada at 1 (613) 748-5655 or visit [www.ringette.ca](http://www.ringette.ca)